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Desserts for 100

Using Little Sugar

*Suitable for Hotels, Boarding
Houses, Institutions*



These recipes have been tested in the U. S. Food Administration. Cafeteria in the headquarters building at Washington, where seven hundred people are served daily. The cafeteria has used only fifty pounds of sugar in serving six thousand meals

—
August, 1918
—

WASHINGTON
GOVERNMENT PRINTING OFFICE
1918

How can sweetness be secured by other means than by the use of sugar?

FIRST. By using foods containing natural sugars.

Fruits, milk, and some vegetables contain sugar. Use plenty of these and you will not need so much sugar.

SECOND. By using other sweetening agents.

Honey, maple sirup, maple sugar, molasses, sorghum, corn sugar, corn sirup, glucose, and malt sirup are good substitutes for sugar.

Use the sugar substitute that is most plentiful in your locality.

Two pounds of sugar a month for each person means approximately 1 ounce a day.

One ounce is equal to 6 level teaspoons.

If 3 teaspoons, or $\frac{1}{2}$ ounce, is used for cereals, fruits, and beverages, there is left 3 teaspoons, or $\frac{1}{2}$ ounce, for use in cooking.

If dessert is served twice a day, each portion should not contain more than $\frac{1}{4}$ ounce of sugar.

These measurements are based on the usual household teaspoon and not on the standard teaspoon.

Use desserts that do not depend upon sugar for their texture. Sugar substitutes will give the desired sweetness. In cakes not quite the same product is secured with all sugar substitution, but in all other desserts equally satisfactory results may be obtained.

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*The following substitutions on the basis of weight
have proved satisfactory*

First—

- (a) If part honey or maple sirup is used, reduce the weight of the sweeteners one-fourth. Divide the remaining weight equally between sugar or honey or maple sirup.
- (b) If further substitution is desired, use one-fourth of the remaining weight in sugar and three-fourths in honey or maple sirup.

Example:

If the recipe calls for 4 pounds of sugar, use 3 pounds of sweeteners.

In (a) use $1\frac{1}{2}$ pounds sugar and $1\frac{1}{2}$ pounds honey or maple sirup.

In (b) use $\frac{3}{4}$ pound sugar and $2\frac{1}{4}$ pounds honey or maple sirup.

Second—

- (a) If part glucose or corn sirup is used, keep the same weight of sweeteners. Use one-half sugar, one-half glucose or corn sirup.
- (b) If further substitution is desired, use one-fourth sugar and three-fourths glucose or corn sirup.

Example:

If the recipe calls for 4 pounds of sugar—

In (a) use 2 pounds sugar and 2 pounds glucose or corn sirup.

In (b) use 1 pound sugar and 3 pounds glucose or corn sirup.

- (c) If corn sirup or glucose is used to entirely replace the sugar, increase the weight one-fourth.

Example:

If the recipe calls for 4 pounds sugar, use 5 pounds of glucose or corn sirup.

Third—

- (a) If part sorghum or molasses is used, keep the same weight of sweetener. Use one-half sorghum or molasses and one-half sugar.
- (b) If further substitution is desired use three-fourths sorghum or molasses and one-fourth sugar.
- (c) When chocolate or other strong flavors are used, sorghum or molasses may be used to entirely replace the sugar.

Before using, it is well to neutralize the acid in the sorghum by adding 2 level teaspoons of soda to each gallon of sorghum and boiling for several minutes.

Fourth—

- (a) If part corn sugar is used, keep the same weight of sweeteners. Use one-half corn sugar and one-half cane sugar.
- (b) If further substitution is desired, use three-fourths corn sugar and one-fourth cane sugar.

NOTE.—In all cases where liquid substitutes are used reduce the original amount of liquid 1 cup for every quart of substitute used, or $\frac{3}{8}$ of a cup for every pound of substitute used.

Cake

- 3 pounds fat
- 2¼ pounds sugar
- ¾ quart or 2¼ pounds light sirup
- 1¼ ounces soda
- 1½ ounces salt
- 20 eggs
- 1½ quarts milk
- 2½ ounces cream tartar
- 3 pounds corn flour
- 3 pounds wheat flour
- 1 tablespoon vanilla

Cream thoroughly the fat and the sugar.

Add the soda and salt.

Add alternately the sirup and the eggs, creaming after each addition.

Add the milk and vanilla.

Add flours sifted with the cream tartar.

Bake in a moderately hot oven or at about 360° F.

This cake may be varied by adding any one of the following:

- (a) 1½ pounds nut meats.
- (b) 3 pounds raisins or other fruit.
- (c) 1½ pounds coconut.
- (d) ¾ pound chocolate. (If chocolate is used, increase the milk to 2 quarts.)

Cake for Cottage Pudding

- 3 pounds fat
- 1¼ pounds sugar
- 1 quart or 3 pounds light sirup
- 2 ounces soda
- 1½ ounces salt
- 10 eggs
- 2 quarts milk
- 4 ounces cream tartar
- 3 pounds wheat flour
- 3 pounds corn or rice flour

Cream thoroughly the fat and the sugar.

Add the soda and the salt.

Add alternately the sirup and the eggs, creaming after each addition.

Add the milk and vanilla.

Add the flours sifted with the cream of tartar.

Bake in a moderately hot oven or at about 360° F.

Maple Sauce for Cottage Pudding

APPROXIMATELY 10 QUARTS

- 8 quarts milk
- 1 $\frac{1}{4}$ quarts or 3 $\frac{3}{4}$ pounds maple sirup
- 2 ounces salt
- 12 ounces cornstarch

Heat 7 quarts of the milk to the boiling point in a double boiler.
Add the maple sirup and salt.
Add carefully the cornstarch mixed with 1 quart of the cold water.
Cook for 20 minutes; stir to prevent lumping.

Gingerbread

APPROXIMATELY 100 PORTIONS

- 1 cup or 12 ounces light sirup
- 10 ounces fat
- 1 $\frac{3}{4}$ ounces soda
- 2 ounces salt
- 1 ounce ginger
- 1 ounce cinnamon
- $\frac{1}{2}$ ounce mace or allspice
- 6 eggs
- 1 $\frac{1}{4}$ quarts molasses
- 2 quarts buttermilk or sour milk
- 4 pounds barley flour

Cream the fat and sirup.
Add spices, salt, soda, and cream.
Add the eggs and beat in well.
Add the molasses and mix.
Add the buttermilk and mix.
Add the sifted flour and mix.
Bake in sheet pans in a moderate oven.

Vanilla Cookies

100 COOKIES

- 1 pound light sirup or 1 $\frac{1}{3}$ cups
- 1 pound sugar
- 1 pound fat
- $\frac{1}{2}$ ounce soda
- 1 ounce salt
- 8 eggs
- 1 cup milk

Vanilla Cookies—Continued

- 3 pounds wheat flour
- 1 pound corn flour
- 1 ounce cream tartar
- 1 tablespoon vanilla.

Cream thoroughly the butter, sugar, sirup, salt, and soda.

Add the eggs and mix.

Add the milk and mix.

Add the flours and cream tartar sifted together.

Roll out, cut in desired shapes, and bake in a moderately hot oven.

Coconut Cream Pie Filling

12 PIES—10-INCH PLATE

- 3 $\frac{3}{4}$ quarts milk
- 3 $\frac{3}{4}$ quarts water
- 3 $\frac{3}{4}$ cups or 2 $\frac{3}{4}$ pounds honey; or,
- 1 $\frac{1}{2}$ quarts or 4 $\frac{1}{2}$ pounds light sirup
- 1 pound 6 ounces cornstarch
- 1 $\frac{1}{4}$ ounces salt
- 15 eggs
- 2 pounds coconut

Heat the milk and the water in a double boiler to the boiling point.

Add the honey.

Mix the cornstarch, salt, and eggs.

Add to the hot mixture.

Cook for 20 minutes; stir to prevent lumping.

Add the coconut.

Lemon Pie Filling

12 PIES—10-INCH PLATE

- 5 quarts of water
- 6 pounds or approximately 2 quarts light sirup
- 2 teaspoons salt
- 1 $\frac{1}{2}$ pounds cornstarch
- 1 $\frac{1}{2}$ dozen eggs or 40 egg yolks
- 32 lemons or 1 quart lemon juice

Heat 4 quarts of the water to the boiling point.

Add the sirup and the salt.

Add the cornstarch mixed with 1 quart of the water.

Cook for 20 minutes; stir to prevent lumping.

Add the slightly beaten eggs or egg yolks.

Cook for 5 minutes or until yolks are set; stir to prevent lumping.

Remove from the fire.

Add the lemon juice.

Raisin Pie Filling

APPROXIMATELY 12 PIES—10-INCH PLATE

- 9 pounds seedless raisins
- 8½ quarts water
- ¾ quart or 2¼ pounds light sirup
- 1 pound cornstarch

Wash the raisins.

Soak over night in 7½ quarts of water.

Add the sirup.

Heat to the boiling point.

Add the cornstarch mixed with 1 quart water.

Stir to prevent lumping.

Cook for 30 minutes.

Meringue for Pie

12 PIES—10-INCH PLATE

- 20 egg whites
- 1¼ quarts or 3¾ pounds light sirup

Cook the sirup to 108° C. (226° F.) or boil for 5 minutes.

Add the cooked sirup gradually to the stiffly beaten egg whites.

Beat until cool.

Spread over the pies.

Brown in the oven.

Pie Pastry

- 1½ pounds wheat flour
- ½ pound barley flour
- 1 ounce salt
- 1 pound fat
- 1 pint water

Sift together flour and salt.

Add fat. Chop or rub until well mixed.

Moisten with the water.

Roll out and bake before adding the filling.

Brown Betty

APPROXIMATELY 100 PORTIONS

- 12 pounds apples
- 1½ quarts or 4½ pounds light sirup
- 6½ pounds cake crumbs
- 2 teaspoons nutmeg
- 2 teaspoons cinnamon

Brown Betty—Continued.

Make an apple sauce of the apples and sirup.
Spread one-half of the cake crumbs on the bottom of greased baking dishes.
Add one-half of the apple sauce.
Sprinkle with one-half the cinnamon and nutmeg.
Cover with the remainder of the cake crumbs.
Add the remainder of apple sauce.
Sprinkle with the remainder of the spices.
Brown in the oven.
Serve with a lemon sauce.

Lemon Sauce

4 quarts water
 $\frac{3}{4}$ quart or $2\frac{1}{4}$ pounds light sirup
 $\frac{1}{2}$ cup or 6 ounces maple sirup
 $\frac{1}{2}$ ounce stick cinnamon
6 ounces cornstarch
12 lemons

Heat 3 quarts of the water to the boiling point.
Add the sirup, maple sirup, and cinnamon.
Add the cornstarch mixed with 1 quart of the cold water.
Boil for 20 minutes; stir to prevent lumping.
Remove the cinnamon.
Add the lemon juice.

Baked Custard

APPROXIMATELY 100 PORTIONS

11 quarts milk
2 dozen eggs
 $1\frac{3}{4}$ quarts or $5\frac{1}{4}$ pounds light sirup
2 ounces salt
2 tablespoons vanilla

Scald the milk.
Beat the sirup, eggs, and salt together.
Add to the above mixture 1 quart of the scalded milk.
Add the mixture to the remainder of the scalded milk.
Add the vanilla.
Pour the custard into custard cups.
Place the filled custard cups in pans.
Pour hot water into the pan until the custard cup is surrounded to one-fourth of its depth by water.
Bake in a moderately hot oven until the custard is firm or from 15 to 25 minutes.
When a silver knife comes out clean, the custard is done.

Baked Indian Pudding

APPROXIMATELY 100 PORTIONS

- 12 quarts milk
- 2 ounces salt
- 1½ quarts or 4½ pounds light sirup
- 2 pounds commeal
- 1½ pounds shredded coconut
- 3 tablespoons cinnamon
- 1 tablespoon mace

Heat the milk in a double boiler to the boiling point.

Add the sirup and salt.

Add the cornmeal, stirring constantly.

Cook for 20 minutes.

Add all other ingredients.

Pour into buttered baking pans.

Bake in a slow oven for 1 hour.

Serve with milk or cream.

Variation:

- (a) ½ pound of raisins may be substituted for the coconut.
- (b) 1½ quarts of molasses may be substituted for the sirup.
- (c) The coconut may be omitted.

Chocolate Cornstarch Pudding

APPROXIMATELY 100 PORTIONS

- 10 quarts of milk or 5 quarts milk and 5 quarts water
- 1½ pounds chocolate
- 2 ounces salt
- 2 quarts or 6 pounds light sirup
- 1 pound cornstarch
- 20 eggs
- 3 tablespoons vanilla

Heat 9 quarts of milk in a double boiler to the boiling point.

Add the melted chocolate.

Add the salt and sirup.

Add the cornstarch mixed with 1 quart of cold milk.

Cook for 20 minutes; stir to prevent lumping.

Add the slightly beaten eggs and cook for 5 minutes; stir to prevent lumping.

Add the vanilla.

Serve with light or heavy cream.

Variations:

- (a) The eggs may be omitted and cornstarch increased to 1½ pounds.
- (b) The eggs may be separated and the yolks added in place of the whole egg and the whites beaten stiff and added with the vanilla. This gives a lighter pudding.

Chocolate Sauce for Ice Cream

APPROXIMATELY 5 QUARTS

- 8 $\frac{3}{4}$ pounds light sirup or 2 $\frac{3}{4}$ quarts
- 2 $\frac{1}{2}$ pounds chocolate
- 4 ounces butter
- 2 tablespoons vanilla
- 2 cups hot water

Cook the sirup to 110° C. (230° F.) or for about 8 minutes.

Cool for 5 minutes, add the melted chocolate, butter, and vanilla. Beat thoroughly.

Fruit Soufflé

APPROXIMATELY 100 PORTIONS

- 6 pounds cake crumbs
- 10 quarts of pastry cream (see recipe)
- 2 quarts of diced or cut fruit

Place the cake crumbs in the bottom of custard cups.

Fill the cups to within three-fourths inches of the top with pastry cream.

Add the diced or cut fruit.

By means of a pastry tube add the meringue.

Meringue

- 20 egg whites
- 1 $\frac{3}{4}$ quarts or 3 $\frac{3}{4}$ pounds light sirup

Cook the sirup to 108° C. (226° F.) or boil for 5 minutes. Add the sirup gradually to the stiffly beaten egg whites and beat until cool.

Bake the pudding in a slow oven until the meringue is golden brown.

Pastry Cream

APPROXIMATELY 10 QUARTS

- 8 quarts milk
- 1 quart or 3 pounds maple sirup; or,
- 1 $\frac{3}{4}$ quarts or 5 $\frac{1}{4}$ pounds light sirup
- 2 ounces salt
- 1 pound cornstarch
- 8 eggs
- 1 tablespoon vanilla

Pastry Cream—Continued.

Heat 7 quarts of the milk in a double boiler to the boiling point.

Add the sirup and salt.

Add the cornstarch mixed with 1 quart of the cold milk.

Cook for 20 minutes; stir to prevent lumping.

Add the slightly beaten eggs.

Cook for 5 minutes or until yolks are set; stir to prevent lumping.

Remove from the fire.

Add the vanilla.

Pineapple Bavarian Cream

8 ounces granulated gelatin

2½ quarts cold water

1½ quarts or 4½ pounds light sirup

1 tablespoon salt

2 quarts pineapple juice

4½ quarts thin cream

1 quart diced pineapple or the fruit from one No. 10 can of pineapple

Soak the gelatin in 1 quart of cold water.

Heat 1½ quarts of water and sirup to the boiling point.

Pour the hot liquid over the soaked gelatin.

Add the pineapple juice and salt.

Allow the mixture to cool.

Beat the cream to a froth.

Add the cooled mixture to the beaten cream.

Fold in the diced fruit.

Pineapple Tapioca

APPROXIMATELY 100 PORTIONS

2½ gallons water or part pineapple juice

2½ tablespoons salt

1½ quarts or 4½ pounds light sirup

2½ pounds minute tapioca

2 one-gallon cans grated pineapple

Bring the water and the juice to the boiling point.

Add the sirup and salt.

Add the tapioca and cook until thick—about 30 minutes—stirring occasionally.

Remove from the fire and add the grated pineapple.

Prune Pudding

APPROXIMATELY 100 PORTIONS

- 6 pounds uncooked prunes
- 9 quarts of hot water including prune juice and pulp
- 3¾ pounds or 1¼ quarts light sirup
- ½ tablespoon salt
- 1½ pounds cornstarch
- 1 quart cold water
- 1 cup lemon juice or juice from 8 lemons
- 12 egg whites

Wash prunes, soak over night.

Cook over a slow fire for 6 hours. This slow cooking seems to bring out the sweetness in the prunes.

When cooked, cool and remove the pits.

Put the prunes through a colander.

Bring the prune juice and pulp up to 9 quarts by adding hot water.

To this mixture add the sirup and the salt.

Bring to the boiling point.

Add the cornstarch mixed with 1 quart of cold water.

Cook for 30 minutes in a double boiler; stir to prevent lumping.

Add the lemon juice and the stiffly beaten egg whites. (The egg whites may be omitted.)

This may be served with or without cream.

Queen of Puddings

APPROXIMATELY 100 PORTIONS

- 2 gallons milk
- 1 quart or 3 pounds light sirup
- 3 teaspoons salt
- 3 teaspoons nutmeg
- 20 egg yolks
- 4 pounds or 3 quarts of cake crumbs
- 2 pounds raisins

Heat the milk.

Add the sirup, salt, nutmeg, and the beaten egg yolks.

Place the cake crumbs in buttered baking dishes.

Add the hot liquid and washed raisins.

Bake until set.

Meringue

- 1¼ quarts or 3¾ pounds light sirup
- Whites of 20 eggs

Meringue—Continued.

Cook sirup to 108° C. (226° F.) or boil for 5 minutes.

Add the cooked sirup gradually to the stiffly beaten egg whites of the 20 eggs.

Continue the beating until the meringue is cool.

Spread over the cooked pudding and brown in the oven.

Rice Pudding

APPROXIMATELY 100 PORTIONS OF 4 OUNCES

- 12 quarts milk
- 2 pounds rice
- 2 pounds raisins
- 1 quart or 3 pounds light sirup
- 1 tablespoon salt
- 1 ½ teaspoons cinnamon

Scald the milk.

Wash the rice.

Wash the raisins.

Mix all the ingredients.

Pour into buttered baking dishes.

Bake in a very slow oven for 3 to 4 hours; stir several times during the first hour to prevent sticking.

If the oven is too hot the milk will curdle before the pudding is cooked.

Custard Rice Pudding

APPROXIMATELY 100 PORTIONS

- 3 pounds rice
- 10 quarts milk
- 20 eggs
- 2 ounces salt
- 1 ¼ quarts or 3 ¾ pounds light sirup
- 1 tablespoon vanilla

Wash rice.

Cook rice until tender in 8 quarts of milk.

Mix the eggs, salt, sirup, and 2 quarts of milk.

Add to the cooked rice.

Cook in double boiler for 15 minutes; stir to prevent separation of custard.

Add vanilla.

